

**More Coping and Caring:  
Some Common Mental Health Scenarios and What To Do If You Find Yourself in One**

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**(MORE) RESOURCES:**

- Yale U's free course on Wellbeing: <https://www.coursera.org/learn/the-science-of-well-being/home/welcome>
- National Alliance on Mental Illness and NAMI On Campus: [www.nami.org](http://www.nami.org)
- CSU Professional Development Events & Archive: <https://www2.calstate.edu/csu-system/why-the-csu-matters/graduation-initiative-2025/academic-preparation/professional-development/Pages/professional-development-archive.aspx>
- Veterans Crisis Line by sending a text message to 838255, or by clicking here to [chat with a VA responder online](#).
- National Sexual Violence 24 Hour Crisis Line: (800) 656-4673 or chat line: [https://hotline.rainn.org/online?\\_ga=2.168124129.1930677547.1590781267-1744509099.1585256924](https://hotline.rainn.org/online?_ga=2.168124129.1930677547.1590781267-1744509099.1585256924)
- National Domestic Violence Hotline (available in English and Spanish): (800) 799-7233 or go to <https://www.thehotline.org/>
- “Promoting Student Mental Health in Difficult Days,” John MacPhee, May 29, 2020 <https://www.insidehighered.com/views/2020/05/29/advice-promoting-student-mental-health-during-pandemic-opinion>
- “Mental Health Challenges Require Urgent Response,” Ted Mitchell and Suzanne Ortega, October 29, 2019 <https://www.insidehighered.com/views/2019/10/29/students-mental-health-shouldnt-be-responsibility-campus-counseling-centers-alone>
- YOU at College. YOU brings together campus resources, original content, tools and assessments created and vetted by behavioral health experts. <https://youatcollege.com/>  
See an example of how this is implemented at CSU Channel Islands: <https://www.csuci.edu/wpe/you-at-college.htm>
- Video: “The View From Here: Depression on College Campuses.” <https://ssd.umich.edu/the-view-from-here-video>